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## AMENDMENTS TO CLAIMS

1. (Currently Amended) An exercise system for use submerged in water, the exercise system comprising: a first floatation element having a grasping member and including a pair of buoyant buoyant masses on the removed ends of the grasping member, a second floatation element, and a third floatation element, the first floatation element elements having a specific gravity of less than one, the second and third floatation elements being adapted to engage the each first floatation element, the second and third floatation elements having grasping members said and a pair buoyant masses on the removed ends thereof.

2. (Cancelled).

3. (Cancelled).

*A 18* 4. (Cancelled).

5. (Currently Amended) The exercise system of claim [3] 1 further including means for releasably joining the first floatation element to the second and third floatation element elements, the joining means having a specific gravity of less than one.

6. (Cancelled).

7. (Currently Amended) The exercise system of claim 1 further including: a first pair of extension members for releasably engaging the buoyant buoyant masses of the first floatation element, the first pair of extension members comprising a material with a specific gravity of less than one; a second floatation element having a grasping member and pair of buoyant buoyant masses at the removed ends thereof, the second floatation element having a specific gravity of less than one; a second pair of extension members for engaging the buoyant buoyant

masses of the second floatation element, the second pair of extension members having a specific gravity of less than one; means for releasably joining the first floatation element to the second floatation element, wherein means for releasably joining the first floatation element to the second floatation element at least partially comprises a material with a specific gravity less than one.

8. (Original) The exercise system of claim 7 wherein the material comprising at least part of the first floatation element, at least part of the second floatation element, at least part of the first pair of extension members, at least part of the second pair of extension members and means for releasably joining the two floatation elements one to the other is foam.

9. (Original) The exercise system of claim 8 wherein at least the first floatation element and the second floatation element have indicia thereon.

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10. (Currently Amended) The exercise system of claim 9 wherein the indicia reflects the ~~buoyancy~~ buoyancy of the element it is placed upon.

11. (Currently Amended) An exercise system for use submerged in water, the exercise system comprising a ~~first dumbbell shaped floatation member being at least partially comprised of a~~ material with specific gravity less than one and having a ~~first rod member coincident with~~ the longitudinal axis thereof ~~a plurality of dumbbell shaped floatation members being at least~~ <sup>?</sup> ~~partially comprised of a material with specific gravity less than one and having a rod~~ member coincident with the longitudinal axis thereof, each dumbbell shaped floatation member being adapted to releasably engage each other dumbbell shaped floatation member.

12. (Cancelled).

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13. (Original) The exercise system of claim [12] 11 wherein the ~~first and second~~ rod members include threaded portions at the removed end thereof.
14. (Currently Amended) The exercise system of claim 13 further comprising a buoyant connecting member having two ends with a body there between and having a rod member <sup>buoyant</sup> coincident with a longitudinal axis thereof, the rod <sup>member</sup> having threaded portions at the <sup>said</sup> removed ends thereof for threadably engaging the ~~first~~ dumbbell shape floatation members to one of the two ends of the buoyant connecting member and the second dumbbell shape floatation member to the other end of the two ends of the buoyant connecting member. *(bx)*
15. (Cancelled).
16. (Cancelled).
17. (New) An exercise system for use submerged in water, the exercise system comprising a first floatation element having a specific gravity of less than one, the first floatation element having walls defining a cutout central section and a pair of extension members for releasably engaging buoyant masses on the ends thereof.
18. (New) The exercise system of claim 1 wherein the first floatation element has walls defining a cutout central section.